



FREEDOM
FOUNDATION

RELEASE

HOLIDAY ACTIVITY FUND
WINTER 2023

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FOREWORD



Laura Grant - Director

Stacey Green - Director

Freedom Foundation works to empower children and young people by using singing, songwriting, and dance to help them express their emotions and boost their mental and physical wellbeing. We believe that all children and young people should explore their identity, celebrate diversity, and harness their individuality.

The current cost of living crisis has caused an increase in challenges faced by many families, we are committed to helping them find new ways to build their emotional resilience, get active, and make healthier lifestyle choices through the delivery of the Holiday Activity Fund.

We are excited to have developed partnerships across the statutory and voluntary sectors to improve outcomes for the local communities in Nottingham, Nottinghamshire, and Derbyshire.

OUR PARTNERS

Freedom Foundation would like to extend our thanks to our delivery partners who helped us make the Holiday Activity Fund a success for children and young people across Nottingham, Nottinghamshire, and Derbyshire.

THANK YOU!



**Nottingham
City Council**



**Department
for Education**



déda
Registered Charity 1053633



THANK YOU to our food providers!

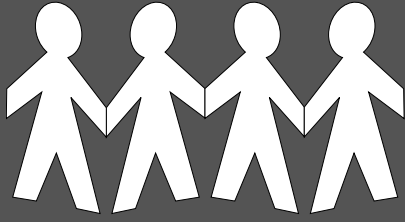


146

Meals provided
and enjoyed



SNAPSHOT + IMPACT



53 CHILDREN REACHED



5 RELEASE PROGRAMMES DELIVERED



10 FACILITATORS UTILISED

**0 ACCIDENT, 0 INCIDENTS,
0 SAFEGUARDING CONCERNS**

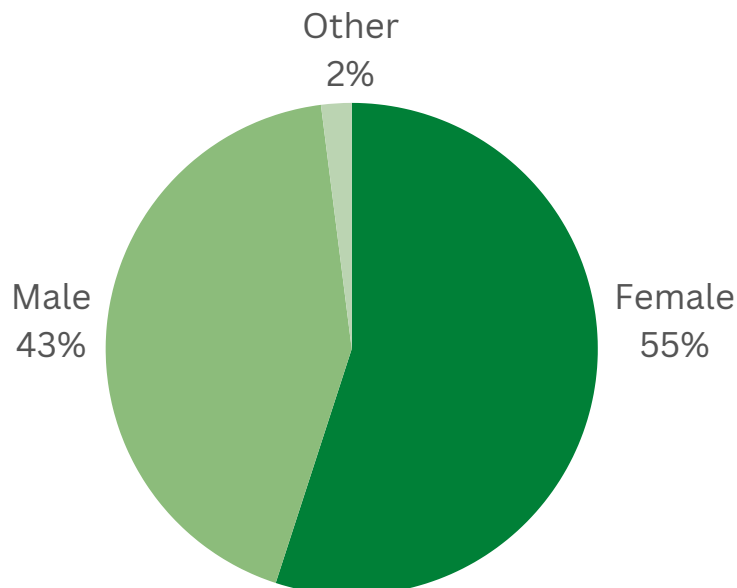
ETHNICITY BREAKDOWN

- 67%** - White ethnicity/cultural background
- 12%** - Black, African, Caribbean, Black British
- 10%** - Mixed or multiple ethnic groups
- 3%** - Mixed ethnicity - White/Black Caribbean
- 4%** - Other ethnic group
- 4%** - Prefer not to say

AGE BREAKDOWN

- | | |
|----------------------|----------------------|
| 4% - Aged 6 | 13% - Aged 11 |
| 11% - Aged 7 | 9% - Aged 12 |
| 11% - Aged 8 | 9% - Aged 13 |
| 23% - Aged 9 | 4% - Aged 14 |
| 11% - Aged 10 | 6% - Aged 15 |

GENDER BREAKDOWN



PRE- AND POST-EVALUATION SUMMARY

47 CHILDREN ANSWERED THESE QUESTIONS

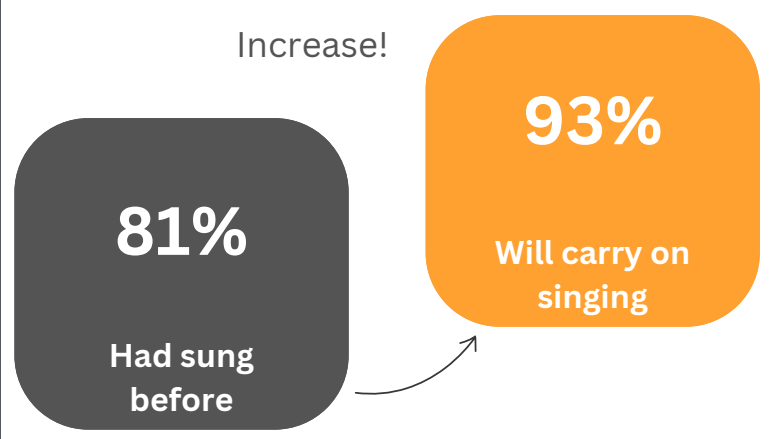
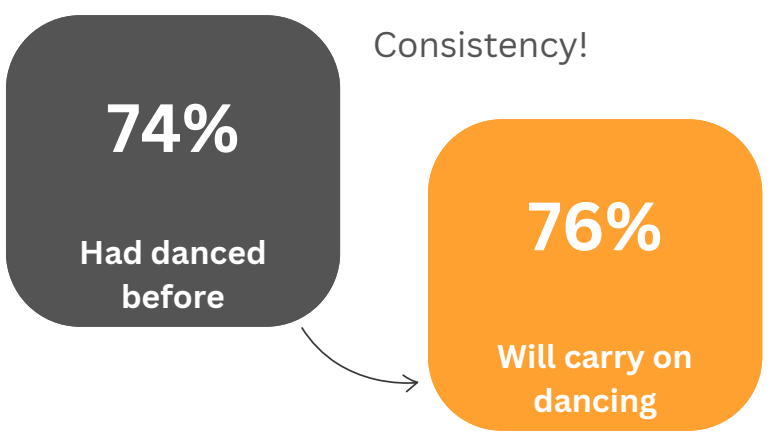
How did you feel about joining the programme?

93% enjoyed the Release Club!

- "Good"
- "Excited because I have been before"
- "Excited to see friends"
- "Confident"
- "Happy"
- "Nervous"
- "Excited"
- "I did not really know what was going on"
- "Anxious"
- "Feeling good"
- "Amazing"
- "Scared at first"

- "Getting out of the house"
- "The talks"
- "Writing the songs and affirmations"
- "Songwriting"
- "Everything"
- "Being creative with singing"
- "The games"
- "The food"
- "Making friends"
- "Learning about mental health and social media"
- "Dancing"

What did you enjoy most?



How did performing make you feel?

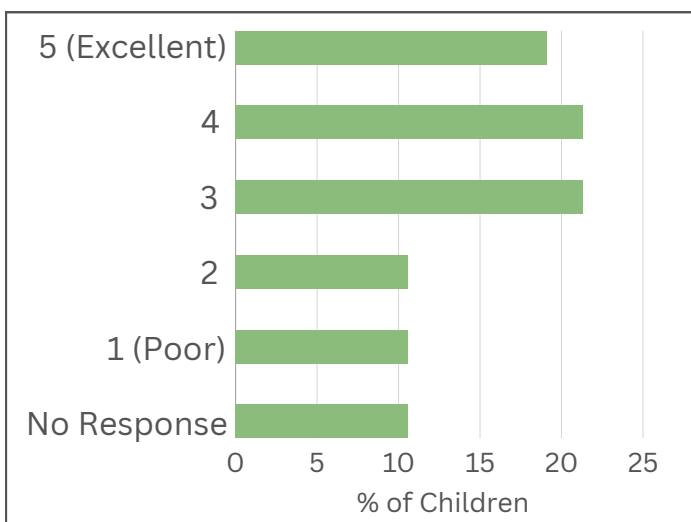
- "Excited"
- "Powerful"
- "Good"
- "Happy"
- "So much fun!"
- "Like letting everything out!"
- "Joyful"
- "Amazing!"

- "Proud"
- "Achievement"
- "Confident"
- "Afraid"
- "Determined"
- "Nervous"
- "I was a little bit nervous"

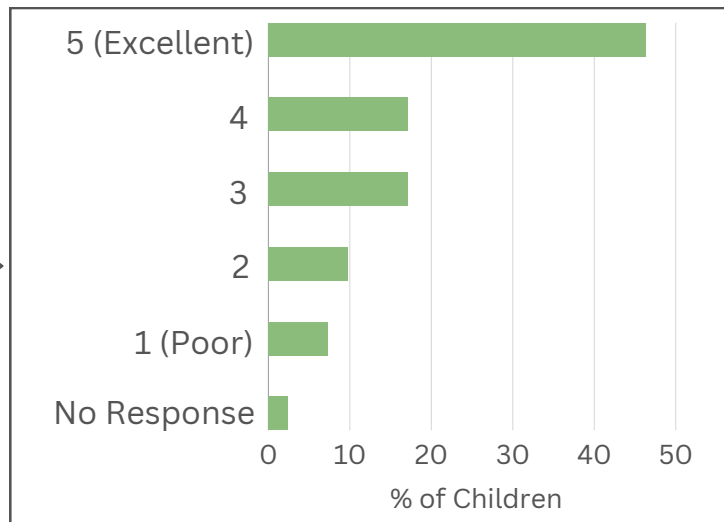
PRE- AND POST-EVALUATION SUMMARY

Confidence

Rate your confidence pre-programme



Rate your confidence post-programme



How did the programme help to increase your confidence?

"I felt brave when getting to do the show"

"The positive affirmations"

"I went to a tennis club and got bullied for being different, but I feel accepted here. I feel proud and happy."

"Better understanding of how to structure a song/rap and build a list of words to use as rhyme patterns."

"It made me feel really happy and proud, we worked on our dance which made us confident"

"It has helped with my anxiety and I feel a lot braver"

"Dancing with people made me more confident"

"The encouraging teachers were supportive"

"The teachers helped us feel good about ourselves which made me feel confident"

"Learning about mental health and that it is OK to not be OK!"

Further comments post-programme

"Do not judge people!"

"I found out I can dance!"

"If I wasn't here, I'd be doing nothing"

"I do not want 4 days, I want 2 weeks!"

"It is the best place"

"Come here if you want friends"

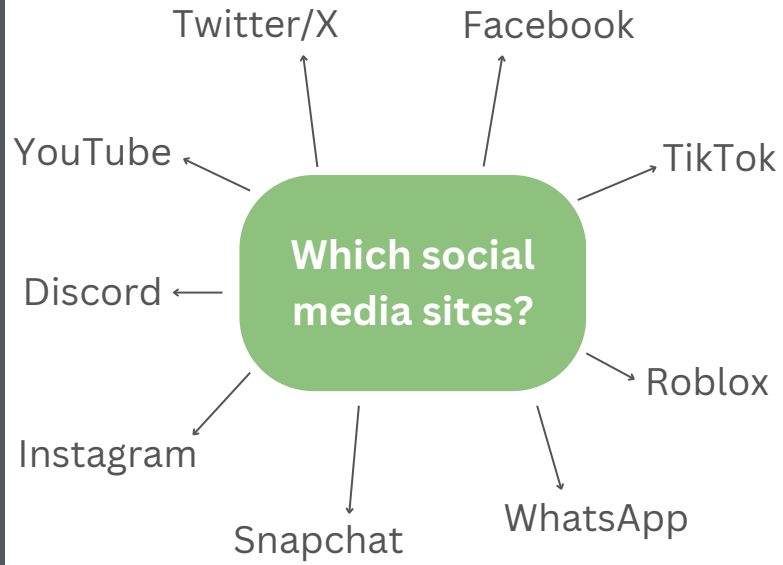
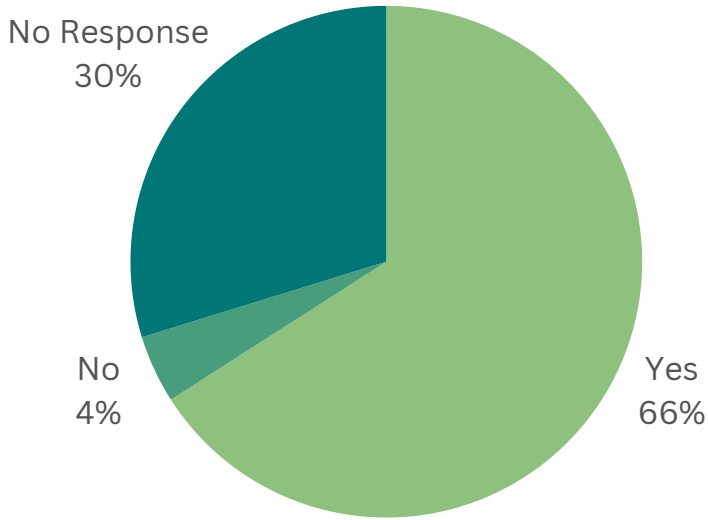
"Come to Release!"

"This is the best holiday club I have ever been to"

"We should do this again! I really enjoyed songwriting"

SOCIAL MEDIA IMPACT

Did you have a social media profile?



“Giving food to homeless people”

“Nice messages”

“Charities”

“Cute animals”

79%

Had seen **POSITIVE** posts online

“Gender reveal parties”

“People being kind in chatrooms”

“Motivational things”

“Videos telling people to keep going”

“Someone getting shot / violence”

“War”

“Cyberbullying”

“Animal abuse and physical abuse”

77%

Had seen **NEGATIVE** posts online

“People breaking the law”

“Stealing”

“Sexuality remarks”

“Racism”

“Homophobic comments”

“Bad words, swearing, arguing or criticism on games”

What did you learn from the programme about online safety?

78% said they learned how to be safe online

“Do not give out any personal information”

“Use the privacy settings”

“Do not share passwords, keep them safe”

“Blur uniform or address”

“Block bullies”

“Do not speak to strangers”

“Private accounts are good”

“Tell an adult if you are concerned about something”

AFFIRMATIONS

Each session the children were asked if they knew what positive affirmations were and how using them instilled self-worth, belief, and confidence. The children were asked to stand tall and repeat a series of empowering affirmations, enabling the children to feel good about themselves and that they could achieve anything if they just believed in themselves.

Our favourite affirmations from throughout the programme

“It really does not matter who you are, everyone here is a shining star”

“I am strong physically and mentally”

“I am beautiful, I am never going to give up”

“Never shame your body, you are perfect”

“Always follow your dreams”

“I am a queen”

Happy Me An artist

Powerful Friendly Pretty Incredible Lovely Strong Beautiful Kind Wonderful

Cute Amazing Smart Fierce Brave A leader Myself

“I am brave, I am strong, my journey to the top won’t take long”

“I never give up”

“I always try my best”

“I am myself and no one will change that”

“I am the one!”

One child uses affirmations every day, it really helps them to start their day!

“No one can judge my impeccable looks”

CASE STUDY - CHILD

ONE CHILD FROM EACH VENUE WAS ASKED ADDITIONAL QUESTIONS
RESPONSES ARE BASED FROM 5 CHILDREN WITH AN AVERAGE AGE OF 10 YEARS

100%

Reported the programme increased their confidence

100%

Reported the programme helped them with writing about their feelings and emotions

What did you enjoy most about the programme?

“Making new friends”

“Getting the chance to be creative and make my own song and dance up”

“Loved making my own affirmations and creating a poster”

“The songwriting, performing, and exploring different rhyme patters.”

“The food has been nice”

“Seeing new people”

“I have enjoyed the dancing and making new friends”

“All of it! I really enjoyed myself, meeting new people, and learning the different dance routines.”

What did you think the programme helped with?

“It has helped with my confidence”

“Helped me with my mental health and being able to get out of the house.”

“I feel more confident about writing”

“I have a better appreciation of how music affects your mood and mindset.”

“Being kind to others”

“I have felt welcome and everyone is nice”

“Helped with my mood, I was super excited to see my new friends.”

“Staying safe online”

“I used to be so quiet and shy, Release has definitely made me more courageous and brave.”

CASE STUDY - ADULT

ONE ADULT FROM EACH VENUE WAS ASKED ADDITIONAL QUESTIONS
RESPONSES BASED FROM 3 ADULTS

100%

Reported that their child's confidence increased following the programme

100%

Would like to see more of this support for their family in the future

What do you think your child enjoy most?

"Everything about Release!"

"My child has enjoyed mixing words in a traditional Christmas song to express herself."

"Making friends"

What changes have you seen in your child post-programme?

"My child is now happy and excited."

"Release has increased my child's confidence, she used to be so shy but she is a different person when she has been to Release."

"My child can be quite shy and occupy herself, this project has allowed her to be part of a wider, new group."

What did your child learn from the session?

"Self-esteem"

"Confidence"

"Use of words, expression, lyrics, and dance to show how she feels."

"Self-worth"

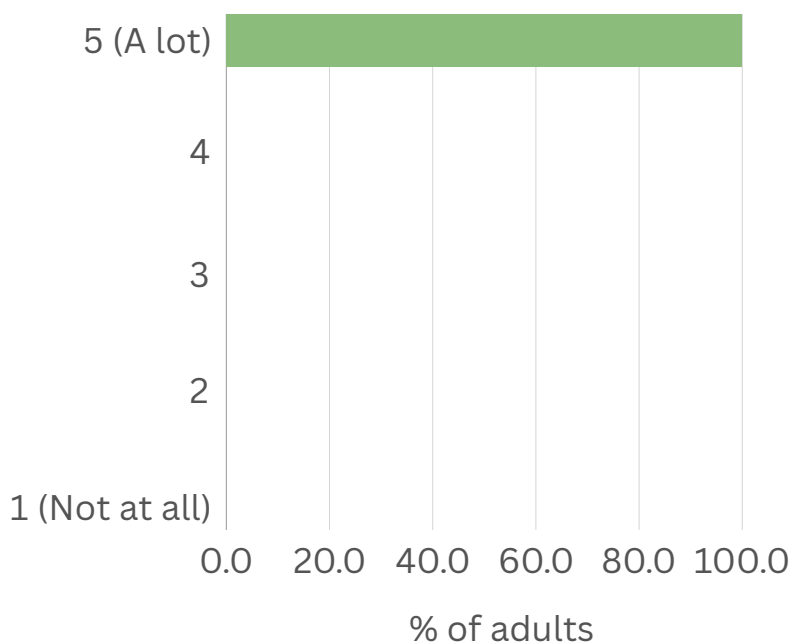
"Dancing"

"Singing"

ADULT FEEDBACK

FEEDBACK PROVIDED BY 10 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

How much did your child enjoy the Release programme?



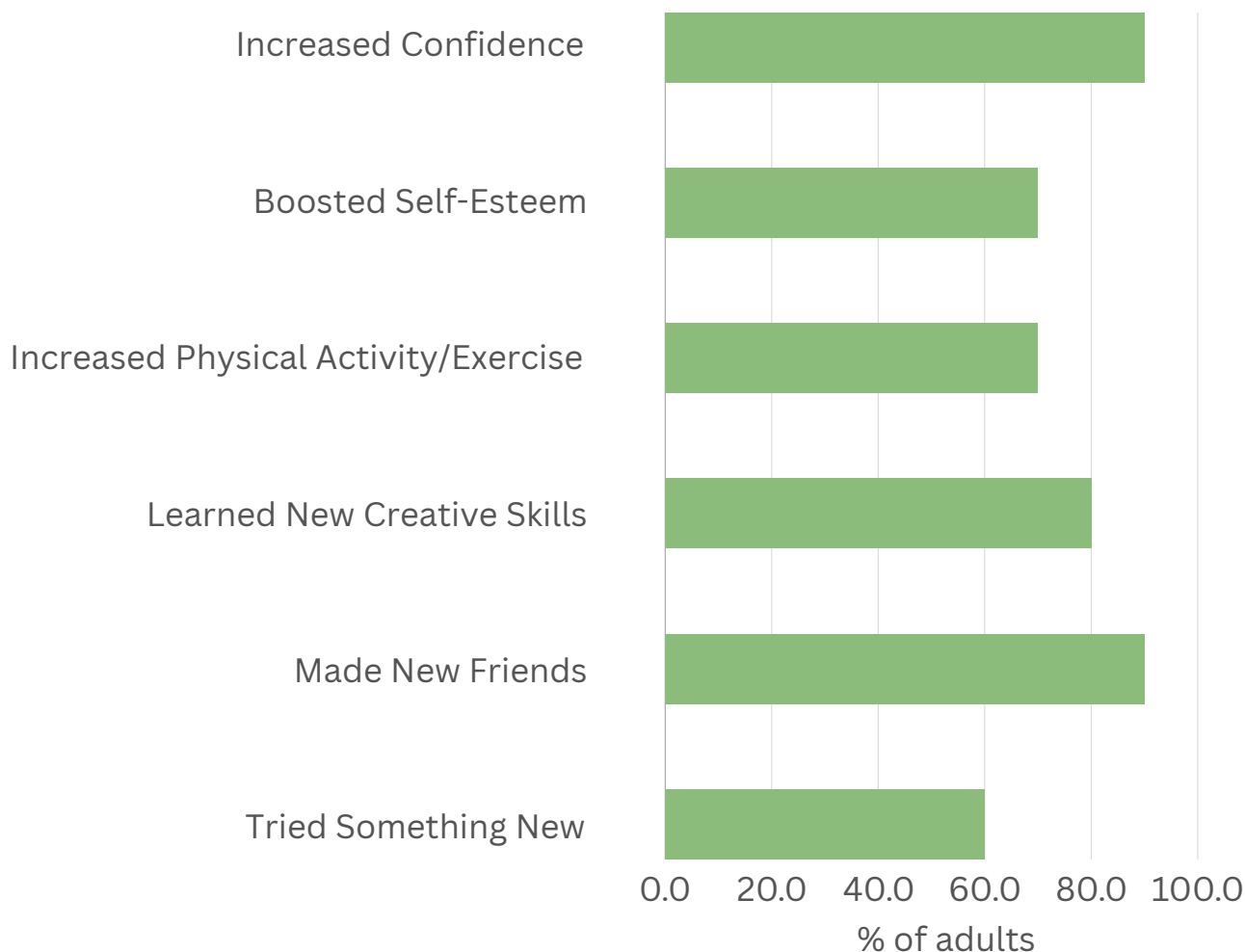
100%

Reported the programme helped their child to develop new skills and abilities

90%

Had noticed a difference in their child after the programme

What benefits did you believe your child has experienced whilst participating on the programme?



ADULT FEEDBACK

FEEDBACK PROVIDED BY 10 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

40% of the adults knew about Freedom Foundation prior to booking onto the Release programme

Where did the adults hear about the Release Programme?

Been to the programme last Summer		
Free school meals voucher	Previous holiday club	
School	DCC local offer website	Word of mouth

90%

Found the booking process to be 'Very Good' or 'Good'

90%

Found the food provided to be 'Very Good' or 'Good'

100%

Rated the facilitators to be 'Very Good' or 'Good'

100%

Rated the overall experience to be 'Very Good' or 'Good'

100%

Would recommend the programme to others

Additional feedback/feedforward comments

"My child has enjoyed this experience, thank you to all involved."

"It has increased their confidence"

"Really good with disabilities and allergies"

"My child is a different child each time she comes to Release"

"Fantastic sessions. Our son attended the summer programme and was really looking forward to these sessions. It helps him with his SEM over the holidays."

"My child is now positive about themselves and others, they are excited to interact and engage with others."

"My child is a lot happier, excited, and smiley."

"My child has enjoyed all the activities and has loved meeting new people. Can't wait for the next one."

"It has been lovely to see her enjoying something new and making new friends. Her confidence has grown."

FACILITATOR FEEDBACK

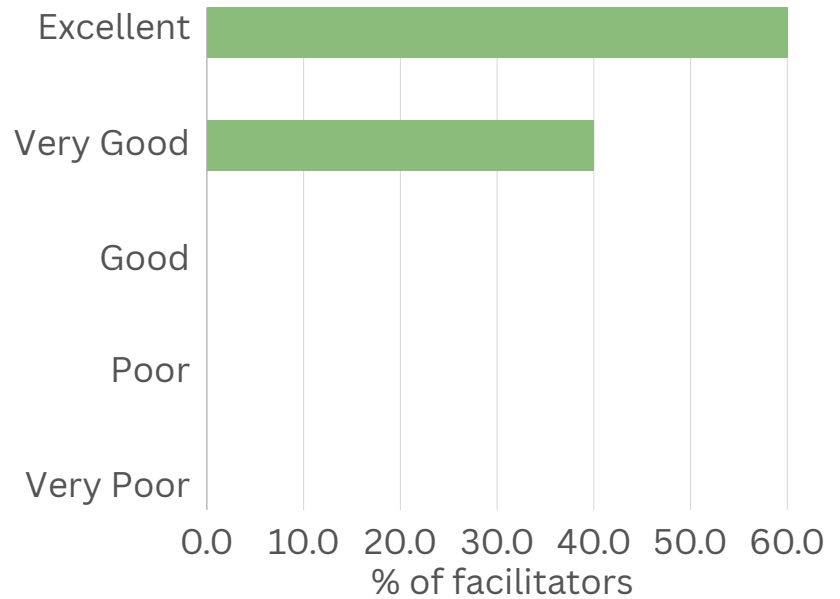
100%

Would like to deliver the Release programme again

100%

Felt prepared enough by the team to deliver the programme

Rate your experience of delivering Release



Facilitator's favourite standout moments

“Two of the children performed their dance duet in front of everyone confidently!”

“Two children were reluctant to engage for most of day 1. Towards, the end of day 1, one of the children came to the front to complete an activity. On day 2, they were in and out of the room but did a writing task which showed great improvement.”

“One child created her own song and performed it in front of her friends after feeling nervous.”

“One child realised they are worthy and can sing and dance.”

“One child displayed beautiful manners and also choreographed a lovely solo in our group dance.”

“One child was feeling very anxious on day 1 as he did not know the other children and had not been before. They ended up really enjoying the session and none of the contingency plans were needed.”

“One child helped with the music on showcase day”

“One child was super kind to the other children and was being very helpful.”

“One child was adamant that they would not write, I gave some gentle encouragement and then left him to it. He ended up getting involved and had written a lot by the end of the day.”

“One child created a rap and performed it for the whole group - what a super star!”

FACILITATOR FEEDBACK

"We talked to the children about social media and the effects it has on young people which the children felt really passionate about. We then spoke about the affirmations which the children created for each other and for themselves."

"The children enjoyed doing the 4M activity as it gave them some thinking time and time to relax."

"Today we all made our own Release version of 'Last Christmas' which the children had fun with, I then let them get creative with songwriting. They split off into groups to create their own sections which they then performed to each other, the children loved it."

"Great ending to a fantastic week with a brilliant performance, the parents loved it with smiles all around."

"The children wrote a verse to go with the chorus they learned yesterday which was successful. They began choreographing their own movements in groups to add to the dance, this demonstrated teamwork and creativity."

"Great start to the Release programme, all the children were full of beans and so excited. I was so pleased with this group, they were super respectful and kind to each other with no issues."

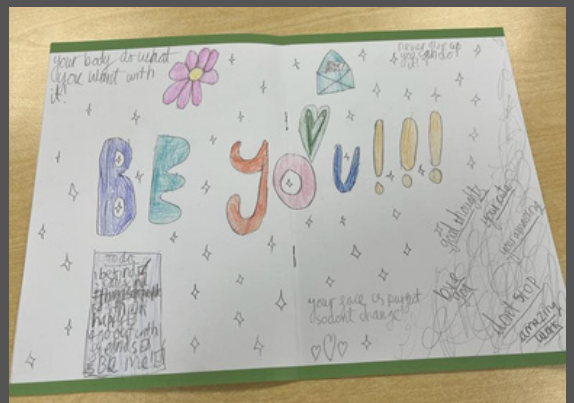
"We completed the 4M activity which was really good, the children got really into it. They had a lot of opinions and spoke about their emotions openly."

"We had a massive talk about social media and online safety, going into depths which they found really interesting. None of the children present today had a social media profile, but when they get one they will now know the dangers."

"The song writing was brilliant, we went through a few poems and I also taught them about the structure of a song. I gave them a challenge to go off individually and write a verse about what they were made for, the children completed this task and shared with each other - it was a success."

"One child was anxious as he did not know the rest of the group, his mum was concerned that he would not enjoy the session so a plan was in place for him to break out into a different space if needed. However, he fully engaged with the session, stayed with the group throughout and really enjoyed it."

"We spoke about their achievements from 2023, some children expressed that they did not have any. However, once I had encouraged them to talk about school and sport, they realised that they did have achievements."



THANK YOU!

**TO ALL OF OUR STAFF
AND
DELIVERY PARTNERS**





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